

Lloydspharmacy



Period Pain Reliever

User Manual

APPROVED

By Mike at 9:15 am, Jun 28, 2010



Model LPPR1

Approved by
Action on pain!
RCN 1086789

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Introduction

Thank you for purchasing the Lloydspharmacy Period Pain Reliever (Model LPPR1). The Period Pain Reliever is a TENS machine and highly effective in relieving period pain and menstrual cramps. TENS stands for Transcutaneous Electrical Nerve Stimulation is recognised as a safe and highly effective method of relieving pain. TENS is now regularly recommended by doctors, physiotherapists and pharmacists throughout the UK. Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

How does TENS work?

TENS works by passing harmless electrical signals into the body from the pad. This relieves pain in two ways:

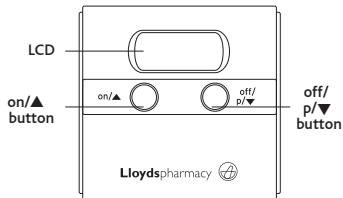
- Firstly, it blocks the body's pain signals which are normally transmitted from the area of damage through the nerve fibres to the brain - TENS interrupts these pain signals.
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers.

Parts

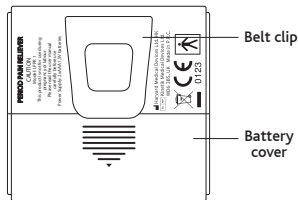
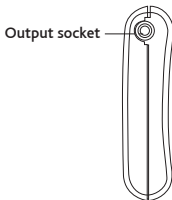
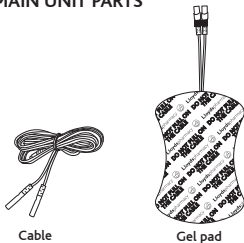
About Period Pain Reliever

Your Period Pain Reliever is supplied with a storage bag containing:

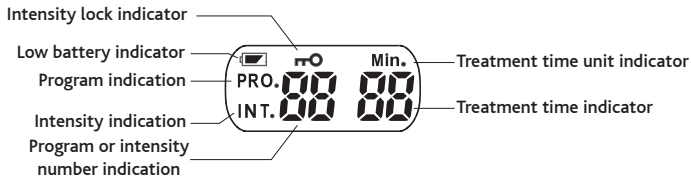
- A. TENS UNIT
B. 1 GEL PAD
C. USER MANUAL
D. CABLES



MAIN UNIT PARTS



Parts



General Warnings and Safety

Before you start:

Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of this device and to prevent injury.

- Make sure the batteries are installed correctly.
- Connect the cables to the gel pad and then connect to the unit (see page 8 for more details).
- Attach the gel pad to the area of pain. Please see section 'Gel Pad Positioning' for details of where to place the pad (page 15).
- Do not use the gel pad if it is scratched or damaged in any way.

The Period Pain Reliever is a medical device that has been subject to stringent testing. It is safe to use for most people, with the following exceptions:

- People with pacemakers, pulse regulators or any other implanted medical devices.
- People with heart rhythm problems.
- Cancer patients, people with diabetes or epilepsy should seek advice from their consultant or doctor before use.
- The use of the device must be supervised by an able adult of sound mind.
- People with inflammation, acute diseases, or infectious skin wounds.
- NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR OR IF YOU SUSPECT YOU MAY BE PREGNANT.
- Not suitable for children under 16 years of age.

General Warnings and Safety

- Patients must consult their doctor before using this device if receiving any physical therapy or suffering from any of the following:
 - Acute diseases
 - Heart diseases or heart rhythm problems
 - A fever
 - Abnormal blood pressure
 - Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body
- Do not use the device with an electrocardiograph meter (ECG) or any other medical equipment.
- Do not use the device with any topically applied creams or ointments etc.
- Do not place gel pad on the head, face, throat, back of neck, heart, chest area, eyes, oral cavity, sexual organs or onto the spine or bones.
- Do not use on scarred areas following surgery for at least 10 months after the operation.
- Do not use on or around an area of the body with skin disease, damage or inflammation.
- Do not use on a wet body.
- Do not use on stomach muscles within 90 minutes of eating.
- Pregnant women, people with leprosy, people with chronic alcoholism should not use this product.
- For treatment of pain control, muscle injuries or rehabilitation, this device should be used under close supervision and direction of your doctor or professional therapist.

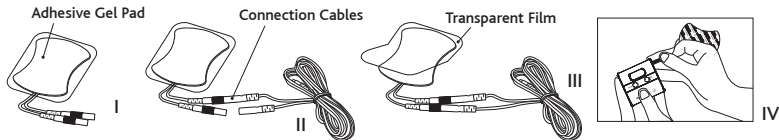
General Warnings and Safety

Please stop using the Period Pain Reliever immediately if you notice any reddening of your skin, if you feel any discomfort or feel unwell seek medical advice. Improper use of the Period Pain Reliever can lead to harm and damage. For safe use of the product, please note the following safety instructions:

- The unit must be turned off before moving the gel pad to different parts of the body.
- Keep the unit out of the reach of children.
- Do not use the device in the bathroom or in any other area of high humidity as this may cause an uncomfortable intense stimulation.
- Do not use the device whilst driving or operating any other mechanical equipment.
- Do not use the device whilst sleeping.
- Avoid contact of the gel pad with anything made of metal, such as belts or necklaces.
- The device has no AP or APG protection.
 - AP: Flammable anaesthetic proof mixtures with air.
 - APG: Flammable anaesthetic proof mixtures with oxygen or nitrous oxide.
- Do not insert the gel pad cable into any other socket other than the socket of the device as instructed, as this may lead to an electric shock.
- Do not disassemble, repair or modify the device in any way as this may lead to malfunctioning or an incident.
- An attempted repair by unauthorised persons invalidates the warranty.

Instructions for Use

How to connect the gel pad to the cables:



Caution:

Always use the correct Lloydspharmacy Period Pain Reliever Replacement Pads (LPPRRP1) gel pad with this device. Replacement gel pads are available from your local Lloydspharmacy. Ensure the device is completely switched off. Attach the gel pad to the cables as shown (see pictures I and II) above.

Ensure the gel pad connections are connected to the cables (see picture III). Hold the cable plug and insert into the socket on the right hand side of the Period Pain Reliever (see picture IV). (Ensure the plug and sockets on the gel pad, connection cables and TENS machine are attached correctly and fully inserted).

Before applying the gel pad to the body, ensure the skin surface is clean and free from lotions or moisturisers. Ensure the skin is dry and apply the gel pad to the area where the pain is felt. Ensure the gel pad is placed firmly and fully to the skin.

Instructions for Use

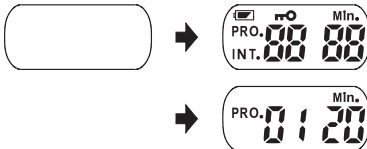
Caution:

- Before applying the self-adhesive gel pad, it is recommended that you wash your skin, to remove any lotions or moisturisers, then dry thoroughly.
- Do not switch the device on when the self-adhesive gel pad is not positioned on the body.
- Never remove the self-adhesive gel pad from the skin whilst the device is still switched on.
- For hygiene reasons we recommend that the gel pad is replaced every 30 days.
- The Period Pain Reliever can be used twice a day for 20 minutes at a time. You must leave at least 1 hour between uses of the Period Pain Reliever.



Turn the device on:

Press the [on/▲] button to turn the device on; the following screen will appear:

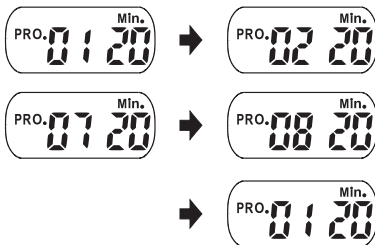


Instructions for Use

The Lloydspharmacy Period Pain Reliever comes with 8 programs for you to select from. We recommend that you try each program to select the one that provides you with the most relief. (see page 14 for a list of programs)

Select the program:

Press [off/ p/▼] button to select the treatment program.



Starting the treatment:

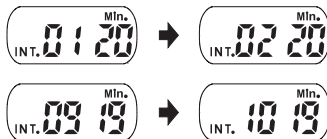
Press [on/▲] button to adjust the output intensity and the device will start to work.



Instructions for Use

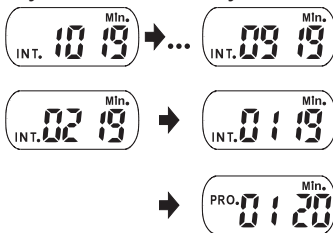
Adjust the intensity:

Pressing [on/▲] to increase the intensity.



Pressing [off/p/▼] to decrease the intensity.

The device will return to standby mode when the intensity is set to zero.



Instructions for Use

Lock function:

When the reliever is in use, for safety the [on/▲] and [off/ p/▼] buttons will be locked automatically when no buttons are pressed for 5 seconds.



Press the [off/ p/▼] button to unlock.



Low battery indicator:

When the low power indicator flashes, the batteries should be replaced with new ones as soon as possible. However, the TENS Period Pain Reliever will continue to operate for several more hours.



Instructions for Use

Turn the device off:

Press and hold the [off/ p/▼] button for 3 seconds to turn off the device.



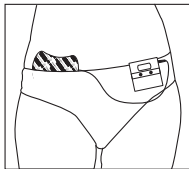
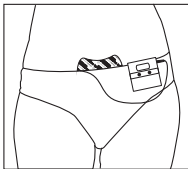
To replace the batteries, open the lid cover and remove the batteries. Replace with new batteries (2 x AAA), observing the correct polarity.

Programme Selection

The Lloydspharmacy Period Pain Reliever comes with 8 programs for you to select from. We recommend that you try each program to select the one that provides you with the most relief.

| Program | Treatment time (min) | Frequency (Hz) | Pulse duration (us) | Mode function | For |
|---------|----------------------|----------------|---------------------|------------------------------|---------------------|
| P01 | 20 | 2 | 180 | Tapping (slow 1) | Pain relief |
| P02 | 20 | 80 | 180 | Kneading (fast) | Pain relief |
| P03 | 20 | 2 / 100 | 120 / 250 | Tapping/kneading (Slow+fast) | Pain relief/massage |
| P04 | 20 | 2 ~ 120 | 200 | Kneading (Slow+fast) | Pain relief |
| P05 | 20 | 15 | 60 ~ 100 | Tapping (Medium) | Pain relief |
| P06 | 20 | 2 | 150 | Tapping (slow 2) | Pain relief |
| P07 | 20 | 2 | 100 | Tapping (slow 3) | Pain relief |
| P08 | 20 | 2 | 50 | Tapping (slow 4) | Pain relief |

Gel Pad Positioning



Attach the gel pad firmly to the area of pain

Do not position the gel pad directly over the spine.

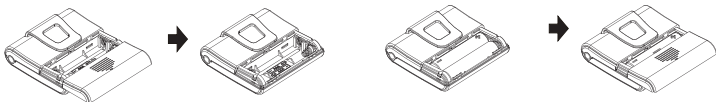
If you find the gel pad becomes less sticky after use, disconnect it from the Period Pain Reliever and gently moisten the gel with clean, cold water using your finger.

For Hygiene reasons, it is recommended that you replace the gel pad every 30 days.

Battery Information

Insert 2 batteries (type AAA) into the battery compartment. Make sure you are installing the batteries correctly. Be sure to match the positive and negative ends of the batteries to the markings in the battery compartment of the device.

Check batteries



1. Please use 2 x AAA batteries in the unit (not included).
2. Remove the batteries if the product is not in use for long periods of time.
3. Do not mix old and new batteries or different types of batteries.
4. Warning: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water.
5. Batteries must be handled by an adult. Keep batteries out of the reach of children.
6. Only batteries of the same or equivalent type is recommended.
7. Do not use rechargeable batteries.
8. Remove exhausted batteries from the unit.
9. Supply terminals are not to be short circuited.
10. Dispose of batteries safely according to battery manufacturer's instructions.

Specification

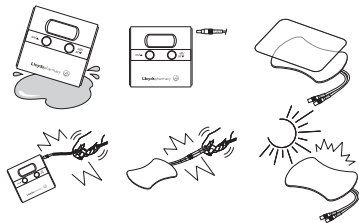
- Power Sources: 2 x AAA batteries (not included)
- Frequency: 2 - 120 Hz
- Pulse Duration: 50-250 μ s
- Output Voltage: 60V (P-P) \pm 20% by 500 Ω load
- Size 57mm x 55mm x 14.5mm (approx.)
- Operating Conditions: 5°C to 40°C; 30% to 75% RH
- Storage Conditions: -10°C to 50°C; 10% to 90% RH
- 20 minutes pre treatment
- Weight: 25g approx (without batteries) 40g approx (with batteries)
- Output Intensity Level Adjustment: 1-10 (10 levels)
- Program Selection: 8 settings

Troubleshooting

| Problem | Check points | Possible solution |
|--|---|---|
| <p>The unit does not switch on</p> <p>No output stimulus/sensation</p> | <p>Are the batteries exhausted?</p> <p>Are the batteries installed correctly?</p> <p>Is the cable properly connected?</p> <p>Have you removed the transparent protective film from the gel pad?</p> | <p>Replace the batteries.</p> <p>Insert the batteries observing correct polarity.</p> <p>Firmly connect the cable.</p> <p>Remove the protective film.</p> |
| Output stimulus/sensation is weak | <p>Is the gel pad stuck on the skin properly?</p> <p>Is the gel pad dirty?</p> <p>Is the intensity too weak?</p> <p>Is the gel pad positioned properly?</p> | <p>Re-attach the gel pad correctly.</p> <p>Clean the gel pad with a damp, lint free cloth.</p> <p>Use a higher intensity level.</p> <p>Change the position of the gel pad.</p> |
| The skin becomes red and/or you feel a stabbing pain | <p>Is the intensity too high?</p> <p>Are you using the pad on the same site every time?</p> <p>Is the gel pad too dry?</p> <p>Is the gel pad stuck onto the skin properly?</p> <p>Is the gel pad dirty?</p> <p>Is the surface of the gel pad scratched?</p> | <p>Choose a lower intensity or different program.</p> <p>Re-position the pad. If at any time you feel pain or discomfort stop use immediately.</p> <p>Please gently wipe with a damp, lint free cloth and then re-apply.</p> <p>Ensure the pad is stuck securely on the skin.</p> <p>Please clean the gel pad using a damp, lint free cloth.</p> <p>Please replace it with a new gel pad.</p> |
| Output current stops during therapy | <p>Has the gel pad come off the skin?</p> <p>Is the cable disconnected?</p> <p>Have the batteries been exhausted?</p> | <p>Turn off the power and stick the gel pad firmly to the skin.</p> <p>Turn off the power and connect the cable.</p> <p>Please replace them with new batteries.</p> |

Maintenance and Cautions

SAFETY CAUTIONS



- Do not immerse device in water or any liquid. Do not drop the device or throw it from a height.
- After using the device, please remove the output plug from the output socket and re-attach the pad to the protective transparent film.
- Always use the protective film when the pad is not in use.
- Do not twist or pull the output cable.
- Do not use any chemical to clean the main unit or the gel pad. If you need to clean them, please wipe with a damp, lint free cloth.
- Do not let the pad dry out or expose to sunlight.
- Keep the pad clean.

Storage

- Remove the batteries from the unit if you are not going to use it for a long period of time.
Leaking batteries can damage the unit.
- Do not make any sharp kinks in the connecting leads or electrodes.
- After use, stick the gel pad onto the protective plastic film.
- Do not expose the device to direct sunlight and protect it against dirt and moisture.
- Store the device in a cool, well-ventilated place.
- Never place any heavy objects on the device.

Disposal

Used, fully discharged batteries must be disposed of in a specially labeled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly.



NOTE: You will find these markings on batteries containing harmful substances :

Pb = battery containing lead, Cd = battery containing cadmium, Hg = battery containing mercury.

Please dispose of the device in accordance with the directive 2002 / 96 / EC – WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please refer to the local authorities responsible for waste disposal.

Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorised persons invalidates the warranty. This does not affect your statutory rights.



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Replacement Gel Pads available.
For hygiene reasons, we recommend
that you replace the gel pad after 30 days.

Founded in 1998 Action on Pain is a national charity providing support and advice for those affected by chronic pain. We produce a range of informative booklets as well as operating PainLine - our telephone helpline providing practical and confidential advice. In addition Action on Pain operates a Mobile Information Unit which visits locations across the U.K. One of our major roles is to lobby politicians in order to raise the quality and availability of pain management services within U.K. healthcare. Above all Action on Pain has developed a good reputation for the quality of the services it provides particularly for the emphasis we place on promoting the positive side of living with chronic pain.

Why not visit our website at www.action-on-pain.co.uk or call PainLine on 0845 6031593 between 10am-4pm Monday to Friday.